

THE ATHENS VILLAGE



Health advocate to speak Aug. 10



Tom Kostohryz, founder of Southeastern Agency in Athens, will share his experiences as a local health advocate at our Brown Bag lunch at noon Aug. 10.

As the founder and current executive chair of the community health initiative "Live Healthy Appalachia," Tom lectures about the power of "self care" as the best health care and demonstrates how individuals can both prevent and reverse many chronic diseases by changes in nutritional habits and other lifestyle modifications.

Tom has been an employee benefits consultant, specializing in the area of group health insurance, for the past 30 years. Two of his passions have been health savings accounts and worksite wellness programs, as he works to keep health-care costs down in the workplace.

Tom has both his undergraduate and master's degrees from Ohio University and has lived in the community for 40 years since graduating. His wife is an Ohio University alumna, and they have three grown children. Tom has supported many community projects over the years and is an enthusiastic supporter of CHIP (the Coronary Health Improvement Project).

Calendar

Every Tuesday, 1:15 p.m., Informal lunch gathering of members & guests at Bob Evans Restaurant

Tu, Aug. 9, 10 a.m., Board meeting, ACVNA.

We, Aug. 10, 11:30 a.m. PIT meeting.

We, Aug. 10, 12 noon, Brown Bag lunch, ACVNA (See p. 1 story.)

Tu, Aug. 30, 3 p.m., Membership Committee meeting, ACVNA.

Now we are **96**

Our newest members are **Charles Almond, Claudia Hale, Arline McCarthy, and Charles and Rosemary Rogers.**

!!!!WELCOME!!!!

Director Mercer and Board member Weckman report on Village-to-Village symposium

Patty Mercer had been invited to participate in a panel at the Village to Village regional symposium on July 14, and it happened that Board member George Weckman was going to be nearby in Michigan at the same time. Symposium managers invited him to attend as well, thus enabling the two of them to make a report at the Village Board meeting in July. Here are some of their key points:

Value of membership: Both concluded that our VtV membership is worth the annual dues (\$350), and recommended that we continue.

Our utilization of members: From reports of other villages, our two attendees concluded that we are underutilizing the "wisdom bank" of members.

Time banking: Many villages utilize time banking, whereby members do things for one another and bank the time involved with a central time-keeper. A member may have help from others in the future by using those banked hours.

Kinds of Membership: Some villages have Plus membership, Sustaining memberships, or other arrangements that we might consider in the future. We could devise new levels.



THE ATHENS VILLAGE VOICE

The Athens *Village Voice*

is sent to you every month to catch you up on the who, what, when, where, why, and how of our Village. Your feedback is very welcome.

Dru Riley Evarts, editor.
Contact 592-1231 or
evarts@ohio.edu with ideas
or suggestions.

For assistance, call

Patty Mercer, director, at
ACVNA, 30 Herrold Ave.,
Athens, OH 45701, 594-8226,
ext. 6 or 1-800-837-1112. (If
no answer there, dial 0 and
speak with an operator for
assistance.) E-mail: pmer-
cer@acvna.org. After
hours (4:30 p.m. to 8 a.m.),
call the answering service at
594-6259 or (if away from
Athens) 1-800-649-8027.
Web site: [http://
theathensvillage.org](http://theathensvillage.org) (use no
spaces.)

Board of Directors

Ellsworth Holden, president
Margaret (Peg) Cohn,
vice president
Sue Foster, secretary
Cherie Gall, treasurer
Don Cooley
Ed Penson
George Weckman

Let new ideas bubble

Pat Light came up with the idea of sending a hand-written greeting card to senior citizens celebrating anniversaries, retirements, etc., and enclosing our brochure and newsletter. Share your great ideas, too.

Committees abuzz with work for Village

While most of us are enjoying life between Village meetings and communications, a good number of members are abuzz with meetings between our Brown Bags, etc., as they make decisions and recommendations to our Board.

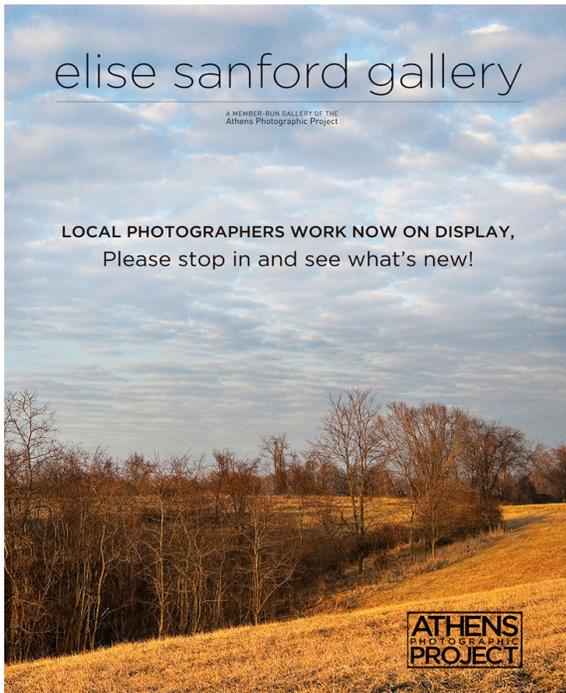
Grants Committee: Headed by Norm Cohn, this group's major work now is finding solutions to the transportation problems of Athens County's senior citizens, especially those who cannot easily get in or out of an ordinary car. The committee is seeking solutions and a grant to cover their implementations. Other members are Mike Turner, Lantz Repp, Peg Cohn, and Sue Foster. This committee has developed a questionnaire that will be coming to you by e-mail and snail mail. Please answer it as quickly as you can and get it back to the Village office by either mail method or by delivering it personally. The committee will meet again as soon as it gets the majority of questionnaires back and has the responses analyzed.

Membership Committee: Ellsworth Holden is the chair, and his committee is working on encouraging each Village member to recruit another member, getting out a press release about membership, connecting regularly and exchanging newsletters with other senior citizen organizations in the community, and sending our brochure and newsletter to elected officials, churches, community groups, etc. Other members are Pat Light, Anne McClanahan, Carolyn Murphree, and Mary Lee Powell. At their July meeting, Light offered to send a card of congratulations and Village information to persons in the area who are celebrating major anniversaries or retiring, or are noted in the news for any other reason that would indicate they are probably in our age range. She also suggested that the Village could take advantage of Hocking College students who are committed to perform some public service as part of their degrees. This committee will meet again on Aug. 30. Anyone having ideas that would help them increase membership should get the ideas to one of the members by that time.

Vetting Committee: The Vetting Committee, chaired by Ed Penson and completed by Sue Foster, Lane Hoisington, John Kotowski, Stephen Kropf, Gene Willoughby, and Art Woolley, is about finished with its work. First it identified vendors whom members wanted to survey, then they developed the survey instrument, then they organized a calling team to let business people know the survey was being conducted and to get final accurate information from them, then they sent it and analyzed the returns. They are now following up on nonrespondents.



Elise Sanford Gallery makes unique contribution to Athens' life



We go by the Elise Sanford Gallery every time we go to the Market on State, but how many of us know the story of how our fellow Village member became the unanimous choice of the committee charged with naming the Athens Photographic Project's most visible outlet?

Sanford worked with Anne Walker, former president of the Athens chapter of the National Association on Mental Illness (NAMI) and now a member of NAMI Ohio, to raise the funding for the first class, which was held in September 2000. NAMI Ohio, for which Sanford was then a board member, matched the \$8,000 that had been raised locally.

With the resulting \$16,000, Sanford bought 20 Olympus point-and-shoot cameras and cases of FUJI 35mm ASA 200 color film. There were beginning classes that first year for a total of about 40 students. Sanford added Advanced Manual Camera class the

following year after pleading for donations of retired manual cameras in the community. These were used entirely until the project was able to purchase six FM 10s, basic 35mm manual cameras.

Now APP serves 30 artists per year with both beginning and advanced classes and the cameras, film, and processing needed for their work. It sponsors an annual reception (300 persons attended this year) and a one-week showing at the Dairy Barn, and displays selected works at the Elise Sanford Gallery year-round from 11 a.m. to 5 p.m. Wednesdays through Saturdays.

The Dairy Barn provides classroom space and the annual reception and show for APP, and the Market on State provides primary space for the Elise Sanford Gallery. The gallery is staffed and students and mentors of the Project.

Nate Thomson replaced Sanford as director of APP when she retired in 2007. The two met when he was a photojournalism student at O.U. and an APP volunteer. He left Athens after his graduation and returned to direct the project when Sanford contacted him about her retirement. He has a strong interest in participatory photography and is devoted to assisting those recovering from severe mental illnesses in using photography as a means of expression. Thomson said that the gallery is extremely important because it allows the artists' work to be displayed year-round, and artists can interact as they wish with the public viewing the works. A gallery open house will be held in November in celebration of the first anniversary of its opening.



The Athens High Society Jazz Band will do an exceptional program featuring trombonist Bob Butters, 3:30-6 p.m. Aug. 7, at Abrio's.

And mark Sept. 25 on your calendar for the Valley Gem High Society cruise. Call Pat Light at 592-1317 for info and reservations. You can go on the bus from the Credit Union (with a reservation for it) or drive on your own or with friends.



Short Notes

2nd Birthday Observance:

Mark your calendar with our anniversary date. **Sept. 26**, when The Athens Village will be two years old. George Weckman is heading a committee to plan for our second birthday gathering, which will be centered around long-term-care health insurance, with Mark Snider as a major speaker. Complete information on this celebration will be in the September *Village Voice*, but save the date as of now.



Transportation Questionnaire:

A questionnaire about your needs in and views of senior transportation in Athens County is coming to you. The Grants Committee considers the information that could be garnered from this questionnaire as being essential to its mission. Please fill it out and return it as quickly as you can.



Office Volunteers: Faithful volunteers are continuing to manage Patty Mercer's office at ACVNA two days a week during the school vacation, ending Aug. 23. See the July *Village Voice* for a list of these helpers.



Peg Cohn is continuing her physical therapy at home and is now able to go from wheelchair to car with assistance. She attends Board meetings by speaker phone, and she and Norm have other Village committee meetings in their home. Her phone is 592-4074 and her e-mail is moederthree@gmail.com.

VtV Network researchers needed

One of the major advantages of belonging to the Village to Village organization is the opportunity to use its network to get ideas, procedures, successes, etc., that other groups have used in order to see if they are appropriate to adapt to our situation. The reading is fascinating, but it is also very abundant. We need volunteers who will take on the duty of keeping up with one section or another of this network and summarizing good ideas for Board consideration. Contact Patty Mercer if interested. This could be done from home at any hour.

Research opportunity with \$50 reward

Aging & Muscle Function is the title of a new O.U. research study in which you might want to participate, both to contribute to science and to pocket \$50. You must have blood pressure less than 160/120, be a non-smoker, have a body mass index of less than 30 (they will tell you how to calculate this), and not be taking certain medicines (which they will define). Contact Mark Rose at mr124304@ohio.edu or 330-806-3251 if you are interested. He will arrange an orientation time.

Lane's Corner: a monthly list of helpful tips

Let's revisit our air conditioners because they've been working so hard. Now is a good time to check the drain lines for condensation, to make sure they are working properly, not clogged. If the drains get clogged, they could cause damage to the air conditioner and also could cause the system to ice up and quit working.



If you have a window air-conditioning unit, double-check the electric cord. It should not be excessively warm, even though it pulls a lot of current. This is also a good time to double-check filters that were not changed in the spring.

P.S. Don't forget about your pets. They like air conditioning, too. Also, check your garden hoses to make sure there is no water left in them. Hoses should be turned off at the source, not just at the watering end. If you turn them off at the hose end, the sun will rot the hose because of its being engorged with water.